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Bangalore Mirror

TEMP Max 27 | Min 16 | Humidity 61% Generally cloudy sky Sensex 61,294 | Nifty 18,232 | Gold 55,618 | Silver 70,758 | Dollar 82.86 | Euro 87.52 | GBP 99.38

Amid shortage of staff/lack of healthcare infra, 'prisoners' death due to illness contributed to 87.9% of total deaths in state prisons'

THE TRIAL

Only 9 medical officers for sanctioned strength of 27

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TWEETS @BangaloreMIRROR

According to latest figures by National Crime Records Bureau (NCRB), Karnataka prisons recorded 58 deaths due to illness. The state recorded a total of 66 deaths in prisons in the year 2021, out of which 58 were natural deaths and eight were unnatural deaths.

Of the 58 deaths, 16 were due to heart disease, 11 due to lung diseases, and two each due to illness in the liver, HIV related disease, TB and paralysis. Cancer and illness related to the kidney recorded one death each.

According to a report by Karnataka State Legal Service Authority, out of 8,681 people who were supposed to be sent to hospital from Bengaluru prisons, only 2,537 people were sent to a medical facility. That means only 29.22% prisoners were taken to the hospital in 2018.

This data comes alongside an acute shortage of medical staff in state prisons. There are 31 medical staff in Karnataka prisons against the sanctioned strength of 80,

CONTINUED ON PAGE 6 »

"There are certain diseases for which inmates are not screened... so it can't be said how many people are sick in prisons..."

— Dr Sylvia Karpagam, public health doctor/researcher

In the line of fire

Fire extinguishers at Vidhana Soudha await refill to ensure they work effectively during emergencies

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General public expects government offices and public buildings, including the Vidhana Soudha, to have fire safety equipment and the authorities to maintain it properly. What is to be done when the authorities at Vidhana Soudha become negligent towards their responsibilities?

For instance, there are more than enough fire extinguishers at Vidhana Soudha. As per the norms, the authorities have to fix one fire extinguisher for every 1,000 sq ft of the building to help extinguish fires when fire accidents take place. The installed fire extinguishers need to be refilled on time to ensure they work effectively when used to extinguish fire during emergencies.

The fire extinguishers are filled with pressurised gas – nitrogen or carbon dioxide. If not refilled on time, nitrogen or carbon dioxide loses pressure and becomes unusable. Then the equipment would not be able to put out fire and would not help in case of fire mishaps.

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Millenium Christ

It was in December 1999 that Yusuf Arakkal began working on a huge painting of Jesus Christ, as a gift to the art lovers at the turn of the century and the dawn of the new millennium – 'Millennium Christ: The crucifixion and resurrection'. Thus, was born the 'Millennium Christ', with the Afro-Asian features and a face turned away from the viewer. Some of the works on display are 'Age of Innocence', which shows a solitary kid with a mysterious space around, and we can see Jesus Christ entering the compositions through the nightmare of a kid.
Where: Bangalore international Centre (BIC)
When: January 8 – 14, 11 AM to 8 PM
Contact: 9845039648

02 Stories at sunset

How about sitting in a circle and listening to stories as the sun goes down? Stories at sunset is a late evening storytelling performance for adults by Vikram Sridhar, exploring stories from folklore, mythology, heritage, travel narratives across the country etc. over an hour. Limited to 25 people, the event`s stories will bring in emotions of love, valour, humour, joy, etc. **Where: Lahe Lahe**
When: 6th January, 8–9 pm.
Registration: https://imjo.in/jTkZDM

03 Winter harmony

Take a break from the stress and monotony of work by attending a beautiful musical evening at Lahe Lahe. The session will have musical aficionados come and jam together and form a community of like-minded musical souls. What's more, you can even tune out a few songs of yourself too! **Where: Lahe Lahe**
When: Wednesdays, 7:30pm – 9:30pm
Tickets: 9886294444

New year but some familiar practices

With board exams round the corner, schools are enforcing covid precautionary measures to ensure education is not disrupted this year

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Schools in the city have started to enforce precautionary measures against Covid-19 after the first case of XBB.1.5 subvariant of Omicron was found in India.

To ensure that the education is not interrupted again this year due to covid, the schools have been preparing in advance by putting up necessary restrictions in place and completing the syllabus at the earliest.

Father Sunil Fernandes, the principal of St Joseph's Boys' High School, said that the school has already sent a notice to the parents to ensure that students come to the school with masks on. "Before the Christmas vacation, the government had also sent a circular. The three basic precautions that are wearing masks, sanitising and physical distancing, are being emphasised on a daily basis. The class teachers are educating the students every day about the same. Especially the students in pre-primary classes, from LKG to Class 4, as they require greater care and frequent reminders. We are also discouraging them to come to school if they have any fever, cold, or cough." The school has also put up the guidelines on their school website and app so that the parents are well-informed and prepared.

"Last year, we had a vaccination drive in the school itself. This year, however, all the students are double vaccinated already and the faculty has also had their booster dose already... The school counsellors have also taken up sessions with parents, students and alumni about how to cope and build resilience. It is also necessary to learn how to face covid and its aftermaths," he added.

With the CBSE and ICSE board examination scheduled to start in February, the schools are concerned that the exams are not interrupted due to Covid-19 this year. Most schools around the city have planned to complete the syllabus for all the classes by February 10.

Sakina Qasin Zaidi, Vice President (Academics), Orchids International School, told Bangalore Mirror, "Students are being sensitised about the precautions to be taken and advised to avoid touching their face and mouth, regularly use masks, frequently handwash and use sanitisers. During the school assembly as well, we are creating awareness about Covid -19 among the students. As a precautionary measure, we will complete our syllabus in the month of February and conduct exams from march first week onwards."

The private schools around Bengaluru are also equipped with e-books, lesson plans, resources, and homework tabs to support the online teaching mode in case any situation occurs in the city. Currently, practical examination for Class 10 and 12 are ongoing across the schools in Karnataka.

Schools are enforcing the mask mandate over fears of covid

> **"We are discouraging students from coming to school if they have a fever, cough, or cold**
> – Father Sunil Fernandes, Principal, St Joseph's Boys High School

Time for a booster? Experts are divided

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With Covid cases surging in other countries, the central government is now urging people to get booster doses. However, health experts are divided on the issue.

The immunity that we get from vaccinations gradually weans off over time, explained Dr Manjunath BG (Consultant-Pulmonology, Manipal Hospital, Varthur). "Despite the fact that we have just been immunised for around two years, we are unable to predict the precise moment at which the antibodies will get so low that they do not protect us anymore.

It is preferable to vaccinate those who are at risk. Although there are very few studies that suggest it may be beneficial, there are still unanswered questions about immunisation as it is not clear whether patients with newly discovered variants will benefit from the vaccines that are currently available."

Others differ. There is enough data to suggest that during the omicron wave, a booster dose reduced the disease burden in many countries that adopted repeat vaccines, said Dr Rajath Athreya Senior Consultant and HOD Paediatrics and Neonatology, Sakra World Hospital.

He said, "We know from sero survey in India that a large proportion of our population have been either infected or have vaccine-induced antibodies. For the current scenario in India, the focus has to be getting people who have missed the third dose and adolescents who are not yet vaccinated take the shots."

Meanwhile, a few experts say that with unseasonal rains and cold weather, India is now facing the threat of Zika virus along with dengue and chikungunya.

According to Dr Jagadish Hiremath, Chairman at AASRA Hospitals, "It is crucial that people must start following Covid-appropriate behaviour and must take necessary medical assistance immediately after observing any symptoms of Covid, Zika virus, dengue and chikungunya."

Countries that have approved second booster dose

- Israel-Approved second booster dose in 2021
- USA-Centre for Disease Control Prevention has approved second booster for age group 50 and above
- UK, Sweden and Denmark-For vulnerable section
- Hungary-On doctor's advice
- Cambodia-High-risk people
- Thailand-Tourism dependent areas
- South Korea-Immunocompromised

In Bengaluru

On Tuesday, Bengaluru reported 14 fresh cases with a test positivity rate of 0.57 per cent. Currently, three patients are admitted in the general ward.

‘Ramp up security on city campuses’

Murder on college campus puts the spotlight on mandatory security measures

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The brutal murder of a college student on campus has once again raised the issue of enhancing security in educational institutions. This is the third such incident in the campus in recent times and educationists are now debating as to how the security can be enhanced in the campus.

Visvesvaraya Technological University (VTU) vice-chancellor S Vidyashankar said, “The issue is really shocking. We need to increase the security in the campus and the entire campus should have CCTV monitoring.”

However, there are other educationists who say that despite CCTV, it would be difficult to monitor every single student.

Former VTU vice-chancellor K Balaveera Reddy said, “We need to model our education in such a way that it includes all the holistic perspectives including student’s emotional, social, physical, creative, artistic and intellectual potential. Holistic way of teaching is the only solution to make them understand morals and ethics. Students should realise their goal of education. I feel that we need to train students from the school itself or else it will become difficult.”

In January 2019, a 17-year-old boy was stabbed to death with a knife by his classmate in a washroom. In another incident reported in 2016, a second-year diploma student was attacked near a deemed university campus.

Currently, several city schools and colleges make it compulsory for students to go through metal detectors on campus. Security personnel posted at the gate check the bags thoroughly along with frisking the student and bag with the hand-held metal detector. Now, other institutions are mulling to introduce metal detectors in the campuses from June, when a new batch is set to begin their classes.

City police had earlier had asked institutions to ensure that security measures such as CCTV cameras and authorised security personnel from registered agencies are deployed on the campus. It was also suggested that as per the requirement of the institution they can also install metal detectors and scanning machines in the campus.

“Earlier, a notice was issued to all these organisations regarding their security arrangements. Institutes were instructed to maintain CCTV cameras (HD quality is a must), baggage scanner, Hand Held Metal Detector (HHMD), Security Metal Detectors and Door Frame Metal Detectors (DFMD). Colleges were also instructed the same thing but it was left to their requirement and discretion whether they need/want the metal detectors and baggage scanners or not. For example, schools and colleges don’t require baggage scanners, they just need to have a Visitors Register, Visitor Checking Cameras and Visitor System Management must be implemented along with licensed security guards,” said a police officer.

Meanwhile, a few schools have installed metal detectors in the campus for a long time. “We always had these hand-held scanners for outsiders and even the entry of parents is highly regulated. They are not permitted beyond a certain point inside the building during school hours. These rules don’t apply to the students because these are young children and we don’t suspect them,” said a representative of a private school management.

The college management says that though it is easy to introduce metal detectors, it is tough to enforce the practice as the students question why they are forced to walk through the detection gates.

Experts want mandatory frisking of students at the entry along with CCTVs on campus

Many other institutions are mulling introducing metal detectors before a new batch begins classes

Flipkart fined for not delivering phone

E-commerce major Flipkart has been fined by the Bengaluru Urban District Consumer Disputes Redressal Commission for not delivering a cell phone to a customer even after receiving full payment in advance.

The commission, in its recent judgment, has directed the company to the amount of Rs 12,499 with yearly interest of 12 per cent, as well as a Rs 20,000 fine, and Rs 10,000 for legal expenditure.

Chairperson M Shobha, and member Renukadevi Deshapande gave the verdict.

The order further stated that the customer has suffered financial loss and mental trauma as the phone was not delivered by Flipkart on time

Divyashree J, a resident of Rajajinagar in Bengaluru, had filed a complaint against Flipkart. She said that she had booked a mobile on January 15, 2022, and it was expected to be delivered the next day.

The company had got the full payment from the customer, but did not deliver the mobile to her.

The order stated that Flipkart has not only shown total negligence regarding service and followed unethical practices.

Even as the court had sent notice, the company did not send its representative to the commission. The order further stated that the customer has suffered financial loss and mental trauma as the phone was not delivered on time.

The customer had made payment of instalments without the cell phone being delivered to her and she had also contacted customer care many times, the order stated. **–IANS**

Auto overturns due to pothole

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Road accidents due to potholes in the city have become an everyday thing. In yet another such incident, an auto overturned after falling into a pothole in the middle of the road.

On January 2, at around 11 am, the auto overturned on 80 Feet Road in Anjanapura. The auto driver who fell on the road was immediately picked up by the public, and luckily no one was injured.

Another accident happened in the city at Airport Road. A speeding car collided with another car that was parked. Due to the impact, the car overturned in the middle of the road. The incident took place on Chikkajala flyover on Airport Road. The car driver and the passenger sustained minor injuries.

A case has been registered at Chikkajala Traffic Police Station.

Thieves make off with Rs 2 lakh

A house theft took place in the wee hours of the morning at Weavers Colony. According to the police, the accused were aware where the key was kept outside the house and they unlocked the house and ran away with about Rs 1.5 lakh cash and gold jewellery worth Rs 50,000.

The house belongs to Roopa Ramamurthy who had gone on a trip with his family.

Nelamangala Town Police visited the place and conducted an investigation and registered a case.

Doc arrested for extorting Rs 8 L

A fake doctor who charged Rs 8 lakh on the pretext of providing Ayurvedic treatment has been arrested by the police.

The incident took place at Wilson Garden police station limits where he extorted Rs 8 lakh from a family for offering Ayurvedic treatment, said the police.

The accused has been identified as Mohammad Sameen from Rajasthan. Police seized four cars, three bikes and Rs 3.5 lakh from the accused.

The case was filed by a man named Pankaj. According to the police, the accused went to Pankaj’s house to examine him and later, took a large sum of money without providing any treatment.

“He used to charge a lot of money from people for providing treatment but later he ran away with the money and was hiding in a tent at Nelamangala. Later, it was discovered that the man was in Nelamangala and was planning to cheat people there as well,” said the police.

Quarry owners crushed by royalty

They are continuing their agitation against state government until their demands are met

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With no positive response from the state government, Bangalore Urban Stone Crushers & Quarry Owners Association has decided to continue their on-going agitation. The owners of stone crushers and quarries have been demanding the state cancel its decision regarding collecting excess royalty.

President of the association, D Siddaraju, told Bangalore Mirror that the state government is not interested in meeting their demands.

"The state government is demanding us to pay excess royalty due to a lack of proper understanding. The minister for mines has been changed thrice in five years. The officials of the mines department were also not spared from being transferred," said Siddaraju.

It may be recalled that stone crushers and quarry owners staged a protest against the state government during the assembly session in Belagavi. Minister for mines, Halappa Achar, met the protestors and assured them that he would take up their demands with the government. "He did nothing. We are unable to meet the officials of the mines department. So, we have no option other than continuing our agitation," he said.

According to Umashankar, vice-president of Bangalore Urban Stone Crushers & Quarry Owners Association, there are 2,500 quarries in the state, and around 50,000 workers depend on quarries and stone crushers for livelihoods in and around Bengaluru. "I have been paying Rs 2 lakh per day for people working at two quarries. The work at the quarries came to a grinding halt on December 21," said Umashankar.

> **"The state govt has been demanding that we pay royalty for the minor minerals for which we have already paid royalty**
> – R Mahesh, quarry owner

He said the state government made the Karnataka Minor Mineral Concession Rules in 1994 and used to collect the royalty of Rs 10 per tonne, but the royalty has gradually increased to Rs 70 per tonne, excluding 18 per cent GST and other taxes amounting to Rs 115 per tonne. "The state government has been asking us to pay the difference amount since 1994, and it will be difficult for most of us to pay such a huge amount. We have to sell all our properties to pay the excess royalty as per the state government's demand," he said. R Mahesh, a quarry owner from Ramanagara district, said that hundreds of trucks are transporting M sand and construction material from neighbouring states without paying any royalty to the state. "The state government has been demanding us to pay royalty for the minor minerals for which we have already paid the royalty," he asked.

Meanwhile, G R Shanmugappa, president, Trucks Owners Association, said that the government has to hold discussions with stone crushers and quarry owners to find an amicable solution. "I am quite disappointed to know the state government did not take measures to end the on-going agitation by quarry owners and stone crushers. Around 50,000 trucks have stopped transporting construction material from quarries. I want the government to hold a meeting with stone crushers and quarry owners without any delay," said Shanmugappa.

From wasteland to urban forest

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The residents of Somasundarapalya, Hosapalya, HSR Layout, along with the Rotary Bengaluru HSR, Community Task Force (CTF) and Saytrees NGO, have developed an urban forest with the Miyawaki plantation method. The plantation was done over six to eight months ago with the help of several residents and authorities, and now, the one-feet-tall saplings have grown as tall as 15 feet. Now, the residents have demanded the MLA, Satish Reddy, provide support for the maintenance of the urban forest.

On Tuesday morning, Rotary Bengaluru HSR carried out a walk in the urban forest with the MLA, asking for the provision of watering facilities, seating facilities for nearby residents, and more.

Suresh V, president of Rotary Bengaluru HSR, told Bangalore Mirror, "The MLA has already approved two borewells for the urban forest since the summer season is arriving soon. We have also asked for a pathway where the residents can walk. That too has been approved. These are the immediate sanctions, and we have also been promised benches across the urban forest for people who want to come and sit." These two acres of lakebed land in Somasundarapalya were being used for the purpose of garbage dumping for several years, local citizens informed.

This urban forest was grown using the Miyawaki plantation method

"With the help of the lake department, Bruhat Bengaluru Mahanagara Palike (BBMP), and Karnataka Compost Development Corporation (KCDC), we were able to get a compound wall around the area of 4 acres. Out of that, we got 2 acres of land and developed a Miyawaki forest and planted around 12,500 saplings of native species. Over a period of more than six months, the saplings have grown to a height of 15 feet. They include several fruit-bearing plants like guavas, jackfruit, custard apples, and so on. There are several aromatic plants that have also been planted to cover up the smell from the KCDC dumping ground nearby." 200 bamboo plants have been planted as these are considered to be oxygen rich, he added.

The urban forest is located along the Somasundarapalya Lake in HSR layout. The residents are demanding proper maintenance and beautification of the area by the help of local authorities now that the urban forest has started taking shape.

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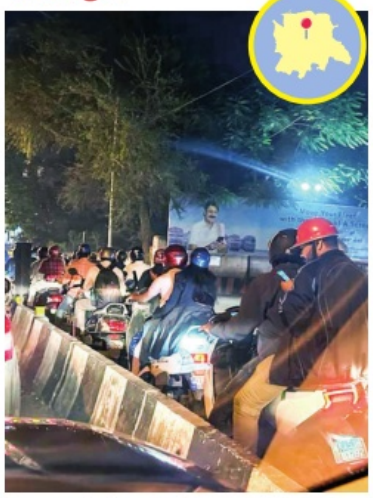
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Traffic chaos
RT Nagar



Two and three-wheelers have been blocking traffic on the opposite side of the road in Devegowda Road, RT Nagar.

Shoddy work
Shivajinagar

The quality of this new road in Shivajinagar Constituency's Cantonment Railway Station Road is poor.

Clear the trash
Victoria Layout

Garbage has not been cleared on Palmgrove Cross Road, Victoria Layout for the last two weeks.

This BMTC move could help many students

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TWEETS @BangaloreMIRROR

Starting this year, students travelling using Bengaluru Metropolitan Transport Corporation (BMTC) bus passes might be able to travel to any destination freely. This will be a move away from the existing practice of issuing bus passes from Destination A (school) to Destination B (home).

A senior BMTC official told Bangalore Mirror, "For students between the age group of six and 18, we want to issue a free-access bus pass. Currently, students holding bus passes are only able to go from point A to point B. Through this pass, they will be able to travel anywhere in the city. In this regard, we have already submitted a few proposals to the state government. However, the government will have to incur additional expenses up to Rs 700-800 crore as subsidy."

As of now, there is free travel for children until the age of six, and the aim is to encourage the age group of six to 18 to use buses as well. Next year onwards, BMTC will be also issuing bus passes through the Seva Sindhu app. During 2022, BMTC issued 3,05,000 bus passes to students.

Bus activists appreciated the move, stating that it would lead to BMTC buses drawing a larger student crowd.

"Today, students' travel routes are not limited to school alone. They have to attend coaching classes and sports training. This is a good move to bring down underage driving as well. Even after they get into jobs and careers, these students might continue the habit. They also tend to travel in groups, adding to BMTC's revenue," said Srinivas Allavill, a vocal voice for bus usage in the city.

A BMTC bus (File photo); BMTC bus travel is free until the age of six

He said that additionally, BMTC should explore buying/leasing school buses. During school hours, these buses can cater to the school's needs, and in the remaining time, they can run on regular routes. This would be a good plan to add more buses to the fleet as well as take down extra school-time traffic from streets, he added.

A member of Bus Prayanikere Vedike, Shaheen Shahsa, said "In our last-year campaign during the budget period, we had asked for destination-free travel. Destination-based passes are quite limiting for students. Such an option will help them expand additional opportunities. The measure will also contribute to the learning and development of children."

Shahsa noted that free travel for women in Tamil Nadu encouraged more women to travel. There is also a need to simplify the process of procuring bus passes, they said, adding that BMTC should also consider making passes free akin to travel in western countries. "Students travelling long-distance often have to use both KSRTC and BMTC services and they are only issued either of the passes. This further adds to their transport expenses. In the case of girl children, additional transport expenses could translate to dropping out from school," Shahsa told BM.

Bus activists say that to aid the well-being of students, BMTC should increase the frequency of buses.

Spare some space?

Roadside establishments continue to deprive pedestrians of space to walk freely across city

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Inset: Plates used by street restaurants to serve food dumped by customers on the side of the road

"Being a senior citizen, it is a necessity for me to have safe and walkable pedestrian space around my residence. However, that is not the case
–Lalitha KR, resident of JP Nagar

While traffic police are carrying out drives to free footpaths and pedestrian spaces from parked vehicles, encroachment by businesses, especially roadside eateries and restaurants, still remain a menace in the city.

Many Bengalureans pointed out that in locations across the city, restaurants have taken up entire footpath spaces by setting up stools and chairs for their customers. In other areas, people park their vehicles or stand and eat on the pavement, leaving no space for the pedestrians.

Mahesh V, a resident of HAL 2nd stage, told Bangalore Mirror, "I absolutely fail to understand what is stopping the authorities from taking any action against roadside eateries. They are not operating like a restaurant because they have no seating. It's not pure takeout, because they're using plates and bowls, not boxes, to give out their food. They have enabled the people to take their food and eat it, and then dump it on the footpaths."

He said that it was a fundamental right of people and the responsibility of concerned authorities to keep footpath encroachment-free for pedestrians. Such restaurants do not have seating spaces for five people, but hundreds of customers come and park near them every day, he added,

The problem is not just limited to one area in the city. Residents around Bengaluru have complained about inaction against such businesses that encroach upon pavements.

"Being a senior citizen, it is a necessity for me to have safe and walkable pedestrian space around my residence. However, that is not the case," said Lalitha KR, a resident of JP Nagar. One cannot walk 200 metres without being stopped by encroachments, food vans , and so on, she said. The situation is reportedly even worse on the weekends when a lot of people come and eat breakfast at these roadside eateries. There is no space to walk in the morning as well, she added.

Citizens also informed that many such eateries do not follow sanitation guidelines and litter around the footpaths regularly. Many eateries still serve food to the customers in single-use plates and cutlery, creating blackspots in the area.

Traffic police say that they have issued several notices and registered cases against businesses encroaching upon public spaces.

"For vehicular encroachment, we charge a fine, but for encroachment by businesses and establishments, we have been booking owners to curb the encroachment. In 2022, in the east division, close to 200 cases were booked against various establishments," said Kala Krishnaswamy, Deputy Commissioner of Police (Traffic), East Division.

The west division recorded approximately 500-600 cases of footpath encroachment, including parking violations, informed Kuldeep Kumar R Jain, DCP Traffic west.

'Distortion of work': Jnanpith awardee files complaint

Jnanpith awardee, popular Kannada litterateur Dr Chandrashekar Kambar complained to the Police Commissioner of Mysuru on Tuesday in connection with distortion of his literary work in a drama exhibited recently.

Kambar has stated in his complaint that the drama based on his book 'Sambashiva Prahasana' has been distorted in a detestable manner. 'Rangayana', the organisation which exhibited the drama, had performed it without obtaining consent from him.

"Any of my works don't have individual abuse. The action should be taken against those who permitted the enactment of the drama and the director who made objectionable additions," he stated in his complaint.

The drama was exhibited on December 31 at Rangayana. The supporters of Opposition leader Siddaramaiah and the President of State Kuruba Association Subramanya have lodged a complaint with Jayalakshmipuram Police Station alleging that in the drama their leader Siddaramaiah was insulted.

The supporters of Siddaramaiah had also staged a protest immediately after the exhibition of the drama claiming that the drama insulted Siddaramaiah and Congress State President DK Shivakumar.

Their complaint states that the flagship Anna Bhagya (free rice) project of Siddaramaiah government had been ridiculed in the drama. There is a dialogue in the drama which says that by giving a scheme like 'Anna Bhagya' people are made lethargic. Shivakumar had been referred to as 'KD uncle' which in slang means a villain.

The complaint seeks action against all 18 persons who have acted in the play. **–IANS**

District Sericulture Office
24B, In front of Govt. Milk Dairy, Mariai Gate,
Pune-Mumbai Road, Khadaki, Pune PIN 411003

Supply of Raw Silk Testing Unit Equipments

Directorate of Sericulture, Nagpur, Maharashtra state interested to purchase machinery for silk testing lab at Baramati Pune, under Silk Samagra Scheme.

1. Winding Machine 50 Spindle 1No.
2. Rewinding machine 20 end capacity 1No.
3. WrapReel machine 10 end capacity 1No.
4. Kilcha Making Machine 2No.

Interested authorized Manufactures/suppliers send sealed quotation with transport & installation charges in undersigned name at above address on or before 15 January 2023. It is the sole discretion of this office to accept or reject any quotation.

Sericulture Development Officer Grade 1, Pune

Sd/-
Sericulture Development Officer (Grade-I)
District Sericulture Officer, Pune

ROC No.-2022-23/No-5/C5188

Fire safety at Vidhana Soudha: Refill equipment

CONTINUED FROM PAGE 1

Some of the employees, on the condition of anonymity, have expressed concern over the delay in refilling the fire extinguishers on time at the Vidhana Soudha. They said though no fire mishaps took place, it would be better if the authorities concerned take measures to refill the fire extinguishers on time.

"It may not take much time or require so much money to refill these fire extinguishers. I do not know why the authorities concerned are reluctant or negligent to assign a contractor for refilling the fire safety equipment," said an employee on the condition of anonymity.

Aam Aadmi Party (AAP) spokesperson K Mathai said 'the government officials are expecting fire mishaps to take place so as to wipe out the documents pertaining to 40 percent commission'. "I am of the opinion that a departmental enquiry needs to be conducted to punish those government officials responsible for the delay in refilling the fire extinguishers," said Mathai.

According to a reliable source, the contract to refill the fire extinguishers was given to Safe Fire & Safety Services of Shabarinagar near Byatarayanapura, Bengaluru North. Most of the fire extinguishers are supposed to be refilled by December 16, 2022 but nothing has been done even after the passing of two weeks post the deadline.

"Generally, the contractor used to tell us to refill the fire extinguishers much before the deadline during the last three years. I am yet to receive the work order from him. Refilling of each fire extinguisher costs between Rs 600 to 700," said an employee of Safe Fire & Safety Services.

Meanwhile, deputy fire officer (Vikasa Soudha) Siddaraju said he was not aware of the expiry date so as to refill the fire extinguishers. "I will look into the matter. I will write a letter to the authorities concerned after inspecting the fire extinguishers," said Siddaraju.

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CHANGE OF NAME

I, GLADYS BRETT W/o Nelson Brett R/a #44, 1st A Cross, Mahaboob Patel Layout, Bhoopasandra, RMV Extension II stage, Bengaluru-560094 have changed my name to MARY ROSE BRETT vide affidavit dated 02.01.2023 sworn before notary Gangaraju B.N, B.lore.

I Shabbar Ali S/O, Mustafa Ali R/o I K Street Cross Alipur Gowribindnur (taq) Chickballapur (dist) 561213 have changed my name to Shabbar Ali Abedi

I, Anitha Joseph R/a #124 Silver Springs Apt, 303, 4th Cross, st Anthon's road, Kammanahalli, Bangalore 84. I have changed my name to Anita Joseph. vide affidavit dated 03-01-23 sworn before notary B. Seshagiri Bangalore.

I, Savitha Nagaraja Setty Channarayapatna R/o A-11 Sampurna–8 No 63 3rd Cross 4th Main Gavipuram Extn Basavanagudi B'luru-19, Have Changed my name to Savitha Suryanarayani Gopalakrishna for all Purposes.

I Janakamma W/o Chandra - shekhar B.V. R/o No 17/29, Old No 7b, Chruch Road, 1st Cross, Ward No 17,Anekal, Bengaluru Rural ,562106 have change my name to Janakamma Barandur Chandrashekhar for all purposes.

I, KAUSHIK MANU R/at No.17, 8th Main, Meenakshinagar, Kamaskhsipalya, Bangalore-560079, have changed my name to KOUSHIK MANU vide affidavit dated: 3/1/2023 Before Notary Onkarappa.N.R Bangalore.

I, Suparna Ramesh Chanaveer R/o Behind Rambhapur Telephone exchange, Kasturi Colony, Vijayapura 586109 have changed my name to SUPARNA CHANAVEER affidavit Dt.03/01/2023 notary Ganesh Gowda M.V, Bengaluru

I Surbhi Bengani Jain W/O, Rishab Choraria Jain R/o Flat 1403, Birla Apple Spire Apartment,14th Floor, nayandahalli, mysore Road, bengaluru-560039. have changed my name to Surbhi Bengani for all purposes.

I, Gayathri Papineni w/o Bhaskar Reddy T R/o Shriram Green field Apts, Flat.C-1302, Bommenahalli, Bengaluru 560049 have changed my name to Gayatri Tippula Reddy affidavit Dt.03/01/2023 notary Ganesh Gowda M.V, B'luru

I, Nivedita Charan D/o Nirmal Kumar B.K, R/o #201, Sri Krishna, 9th cross, BHEL Extn, Raja rajeshwarinagar Bengaluru 560098 have changed my name to Niveditha Kulkarni affidavit Dt.03/01/2023 notary Ganesh Gowda M.V, B'luru

I, Shaik Shoukath s/o Shaik Imam R/o #23/26, Mosque road, Bismillah road, opp Kubra Nursing home, Bengaluru 560029 have changed my name Shaik Shaukath Ulla affidavit Dt.03/01/2023 notary Ganesh Gowda M. V, B'luru

I, Ashok Kumar Somapalyam R/o #4, SF-103, RP Orchard, Muniramappa Garden, 2nd cross, 5th main, Sanjaynagar, Bengaluru 560094 have changed my name to Ashok Kumar Pujari affidavit Dt.03/01/2023 notary Ganesh Gowda M.V, B'luru

I, Riyaz Pasha S/o Fayaz Ahmed R/o 259/30 7th Main Road ,5th Block Jayanagar Bangalore-560041 have changed my name to Riyaz Ahmed

LOST & FOUND

I, Brijesh V.G, residing at # 722, 6th Main, BSK 1st Stage, 1st Block, Srinagar, Bangalore-560050, have lost Possession certificate, document No. 123/77-78, Allotment Letter document No. B6/721/BSK 2/77-78 and Absolute Sale Deed No. 1997/ 1989-90, while in transit in Bangalore South on 03.01.2023. Finders please contact: 9986247075

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Healthcare behind bars

CONTINUED FROM PAGE 1

as per the latest NCRB data.

The data revealed that more than half of the medical staff positions remain vacant in state prisons. Prison stats highlighted there are only nine resident medical officers in prisons against the sanctioned strength of 27. According to the NCRB, there are 499 prison inmates per medical staff.

"We need studies/reports to show that there is a correlation between prisoner deaths, whether natural or suicide, and the bad state of medical infrastructure at the facilities. There is an urgent need to address medical infrastructural problems in prisons. The facilities need regular doctors, psychiatrists, dispensaries and medical escorts. In 2018, only 33% of the total prisoners were sent to hospitals or other clinics for treatment. Twenty prisons don't have ambulances. There were 79 deaths in prisons in 2017 and 34 in 2018," said Bindu, member of Prisons Forum Karnataka.

The lack of training among doctors, unsanitary conditions alongside absence of clean toilets also add to an increasing number of deaths due to illness.

"There are a lot of communicable and non-communicable diseases like TB, covid-19, HIV and mental illness that require special attention. There are certain diseases for which the inmates are not screened properly; so it can't be said how many people are sick in prisons. Many doctors are not trained so they don't inquire about custodial torture, or the quality of water or food. The courts have now started looking at cases virtually as a way of fast-tracking, but the problem with that is, people who are in custody are quite vulnerable and they are not able to speak freely about their illness or mental health, which leads to several untreated illnesses," said Dr Sylvia Karpagam, public health doctor and researcher.

There are 10 pharmacists, five lab technicians and seven other medical staff in state prisons.

"The NCRB data doesn't show the number of custodial deaths due to torture. So, there can be cases where such instances can be put under the category of natural deaths," she added.

"If there are no regular medical staff, many ailments can go overlooked, which can turn into bigger ailments. Most of the people who are in prisons for a long time are from economically disadvantaged groups; they are not able to avail better healthcare," said Madhurima Dhanuka, head of the prison reform programme at Commonwealth Human Rights Initiative.

Dhanuka added that the prisons department can collaborate with private hospitals and provide tele medicines to the inmates; they may have online consultations with specialist doctors on a regular basis too.

Govt schools: Now in good hands

Several government schools in city see upgradation in facilities and infrastructure, increase in admissions

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

People often have the notion that government school buildings lack basic infrastructure, and have leaky roofs, damp walls and peeling ceilings. However, around 20 government school buildings in BTM Layout Assembly constituency beg to differ with this common notion.

Enter the Karnataka Public School premises at Adugodi that accommodates students from lower kindergarten (LKG) to pre-university courses, you will have the feeling of entering the most expensive private school in the Central Business Area (CBD) in the city.

There is a provision to accommodate LKG, primary, high school and pre-university students. Facilities and infrastructure here are on par with private schools.

BTM Layout MLA Ramalinga Reddy, told Bangalore Mirror that it is not only the school building at Adugodi but also at other locations in BTM Layout that are either renovated or reconstructed. More than 20 schools in my constituency are adopted by him.

"I am paying salaries to around 50 people, including computer teachers, guest teachers and housekeeping staff. My aim is to ensure all facilities at the government schools and colleges in my constituency," he said.

The renovation and reconstruction of the buildings at Karnataka Public School premises at Adugodi began more than a year ago and now all the facilities and necessary infrastructure are in place.

"We are grateful to MLA Ramalinga Reddy sir for providing all the amenities for nursery, primary, high school and PU college. Earlier, the total strength of students was around 600 and it has been increased to around 1,000 students after renovation of the school and college buildings," said Karnataka Public School vice-principal Roseline Pereira.

"The student strength in the high school has increased by 35 this academic year. As of now, the high school has 255 students. We have a well-equipped computer lab and library for the benefit of students. There are 41 computers in the lab and an exclusive teacher to train them," she explained.

According to PU College Principal Doraiswamy, he found a change in attitude of students after renovation of the college building "Some of the students used to bunk classes a year ago. Now all the students attend classes regularly," he said.

The other facility is the First Aid Centre, which is considered as the first of its kind at government schools across the state. A nurse is posted at the centre and two doctors – a dermatologist and a paediatrician – pay visit on Wednesday and Saturday.

Government schools in Adugodi, Ejipura, BTM Layout and more now have facilities like First Aid Centre where a nurse and two doctors are available for health care

The centre is sponsored by the MLA in association with Lions Club of Bangalore and BTM Nightingale, and managed by Srinivasa Health Care. The students are also provided with uniforms, shoes and books.

"Lecturers are good and amenities are on par with private colleges. I got admission here for free of cost. I want to attend the common entrance test (CET) to get admission at a professional college," said Shivani G, a PU student. Majority of the government schools in the state have no housekeeping staff to keep the premises clean.

"Now, we are able to ensure cleanliness on the school premises because of a housekeeping staff. The number of students has increased to 365 from 270," said Helen Glory, headmistress, Government Higher Primary School at Ejipura.

Bizman suicide: Cong demands arrest of MLA

Congress leaders on Tuesday demanded the arrest of Karnataka BJP MLA Arvind Limbavali and five others named in the FIR in connection with the alleged suicide of a businessman, and urged the state government to ensure justice to his family.

Siddaramaiah, who is leader of Opposition in Karnataka Assembly and Randeep Surjewala, who is Congress general secretary in-charge of the state, along with KPCC working president Ramalinga Reddy, met Pradeep's family at their residence here.

Pradeep (47) was found dead in his car at Nettigere on Sunday. He had allegedly shot himself in the head inside his car.

The deceased had purportedly left behind an eight-page death note that named Mahadevapura MLA Aravind Limbavali and five others, following which an FIR was registered by the police against them.

"This is an unfortunate incident linked to a financial deal, it should not have happened. Pradeep's wife Namita with sorrow said her husband should get justice and that he had invested Rs 1.5 crore into a financial deal, out of which there was no profit of even a paisa so far. The family wants that money back," Siddaramaiah said.

He told reporters after meeting the family that as MLA of the locality, Arvind Limbavali is said to have tried to settle things.

"Namita is not alleging anything, she is only saying that she wants justice and was not angry with anyone, but when the inference is drawn, six names are mentioned in the death note, which also includes the name of Limbavali. If his name is taken, he is in some way responsible for the death, or else why would he write," he added.

Noting that the FIR has been registered against Limbavali and five others, the Congress legislature party leader said police should immediately ensure the financial issue is settled and the family gets the money that was invested by Pradeep. – **PTI**

'Yuva Mitras' to help reduce human-wildlife conflict

| Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

The Karnataka Forest Department (KFD) has initiated a Bandipur Yuva Mitra programme for the underprivileged students residing in the villages and taluks of Bandipur Tiger Reserve (BTR) to create awareness about the wildlife. The participants would become volunteers and create awareness amongst the villagers on how to reduce human and animal conflict.

According to KFD, the reserve is surrounded by 136 fringe villages with a distance of one kilometre from the tiger reserve boundary. The villages belong to five taluks, Gundulpet, Chamrajnagar, Nanjangud, Satgur and HD Kote Taluk.

Earlier, there was a close association between the BTR and people. However, after BTR was declared a national park, the movement of villagers was prohibited. Also with animals coming out to farmers' fields, it has developed human-wildlife conflict.

In order to address this issue, the nature education programme for local students will create awareness about wildlife. The students attending the programme are said to become 'Yuva Mitras' in creating positive park and people relation, and to create awareness on the do's and don'ts to be followed when they see an animal straying out.

FILE PHOTO

Cage placed to rescue big cat near Bandipur forest

According to the KFD officials, there are over 800 government schools and 30 colleges in the taluk, the students from these institutions are underprivileged and are deprived of visiting the BTR. This programme will give them an opportunity to visit and understand about the reserve.

The programme connects communities through an approach T-C-C-P-C (teacher to child, child to child, child to parents, parents to community), whereby the forest and wildlife protection related issues will be addressed.

It also creates close coordination among different stakeholders like the forest department, education department, social welfare department, District Mineral Fund (main sponsor of this programme), United Nations Development Programme (UNDP) and United Nations Environment Programme (UNEP).

The students will get an opportunity to undertake nature related project activities as per New Education Policy (NEP) and enhance positive relationships between the communities around BTR with forest and wildlife.

There will be a module prepared linking with the curriculum, and training will be provided to teachers with field visits to BTR and free wildlife safari. Post the programme the students and teachers will be rewarded.

New role for Sourav Ganguly
Former BCCI president Sourav Ganguly will be returning to the IPL as Director of Cricket with the Delhi Capitals in the upcoming edition, sources said on Tuesday

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Wednesday, January 4, 2023
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'Europe imported 6 times fuel than India'

Foreign Minister Jaishankar asks why India has to take a hit, while defending stance on importing crude oil Russia

#NEW DELHI

External Affairs Minister S Jaishankar has taken a jab at Europe once again and said that Europe has imported six times the fossil fuel energy from Russia that India has done and that if a USD 60,000-per-capita society feels it needs to look after itself, and I accept that as legitimate, they should not expect a USD 2,000-per-capita society to take a hit.

A New York Times report titled as "Russia's War Could Make It India's World" stated that the Ukraine war's compounding effects have fuelled the country's ascent.

Global supply chains are reducing the risk by diversifying toward an open India and away from China's surveillance state.

India is relatively insulated from economic turbulence by its huge domestic market, the New York Times report read.

Minister says India does not ask its companies to buy Russian oil, but asks them to buy what is the best option for them

The report quoted Jaishankar as saying "world order which is still very, very deeply Western" is being hurried out of existence by the impact of the war in Ukraine, to be replaced by a world of "multi-alignment" where countries will choose their own "particular policies and preferences and interests."

"I would still like to see a more rules-based world. But when people start pressing you in the name of a rules-based order to give up, to compromise on what are very deep interests, at that stage I'm afraid it's important to contest that and, if necessary, to call it out," the New York Times report quoted Jaishankar as saying.

Earlier in December, Jaishankar defended India's stance on importing crude oil from Russia, and said that it's a sensible policy to go where we get the best deal in the interest of the Indian citizens.

The minister expressed "concern" over the "stability and affordability of energy markets" due to energy caps on Russian energy imposed by the West.

"We don't ask our companies to buy Russian oil, we ask them to buy what's the best option they get. It depends on the market, it's a sensible policy to go where we get the best deal in the interest of the Indian people," Jaishankar said while addressing the Rajya Sabha on the first day of the winter session of Parliament.

During his assessment of global oil prices, Jaishankar has been saying that oil and gas prices are unreasonably high throughout the world.

According to him, Europe was buying more oil from the Middle East countries which were Asia's traditional suppliers, however, now it was diverted to Europe.

Google alleges India antitrust body copied parts of EU order

#New Delhi

Google has told a tribunal in India that the country's antitrust investigators copied parts of a European ruling against the US firm for abusing the market dominance of its Android operating system, arguing the decision be quashed, legal papers show.

The Competition Commission of India (CCI) in October fined Alphabet Inc's Google $161 million for exploiting its dominant position in markets such as online search and the Android app store, and asked it to change restrictions imposed on smartphone makers related to pre-installing apps.

Sources told Reuters in October that Google was worried about the Indian decision as the remedies ordered were seen as more sweeping than the European Commission's landmark 2018 ruling for imposing unlawful restrictions on Android mobile device makers. Google has challenged a record 4.1-billion-euro ($4.3 billion) fine in that case. In its filing to an Indian appeals tribunal, Google argues the CCI's investigation unit "copy-pasted extensively from a European Commission decision, deploying evidence from Europe that was not examined in India". "There are more than 50 instances of copy-pasting", in some cases "word-for-word", and the watchdog erroneously dismissed the issue, Google said in its filing which is not public but has been reviewed by Reuters. "The Commission failed to conduct an impartial, balanced, and legally sound investigation ... Google's mobile app distribution practices are pro-competitive and not unfair/ exclusionary." Spokespeople for CCI and European Commission did not respond to requests for comment. **– Reuters**

FILE PHOTO: A man walks past the sign of 'Google for India', the company's annual technology event in New Delhi

'Stop victim shaming': DCW chief

#New Delhi

Delhi Commission for Women chief Swati Maliwal on Tuesday slammed "cheap statements" being shown on TV in connection with the Kanjhawala case, and asked people to stop victim-shaming.

Anjali Singh was killed in the early hours of the New Year after her scooter was hit by a car, which dragged her for 12 km. Her body was found in Kanjhawala area. All five accused were sent to three days in police custody on Monday.

Sources said the victim and her female friend were partying with four or five of their friends in a hotel, sources said.

"Cheap statements of the hotel owner are being shown on TV since morning wherein he is saying that the women had drunk alcohol, were fighting and he had thrown them out. If the women were fighting after being intoxicated, police would have been called. Why were they kicked out of the hotel late at night? What is the proof of intoxication? STOP VICTIM SHAMING!" she said in a tweet in Hindi. **– PTI**

Ram Janmabhoomi temple priest supports Bharat Jodo Yatra

#Ayodhya (UP)

Head priest of the Ram Janmabhoomi temple, Acharya Satyendra Das, has written a letter to Congress leader Rahul Gandhi extending his support for the 'Bharat Jodo Yatra'.

In the letter dated December 31, 2022, Das wished that the blessings of Lord Ram be always upon the Congress leader. The letter has been trending on social media platforms.

In the letter, Das prayed for the success of the campaign (Bharat Jodo Yatra) that is being run to connect the country from Kanyakumari to Kashmir.

He also wished Rahul Gandhi success in his work undertaken in the country's interest. He prayed for the Congress leader's good health and long life.

Das also quoted a dictum from the Rigveda in Sanskrit 'Sarvajan Sukhay Sarvajan Hitay', which translates to "for the happiness of the many, for the welfare of the many". Confirming the letter, Sunil Krishna Gautam, district spokesperson of Congress Party Ayodhya said, "In support of the 'Bharat Jodo Yatra' being taken out by Rahul Gandhi throughout the country, our venerable Saint Satyendra Das of Ayodhya has written a letter in support of Rahul Gandhi." Gautam said Das was keen "to participate in the journey however due to health reasons, he gave his moral support to this journey through the letter, and the priest even termed the yatra to be right and timely. **– ANI**

Cinema halls can regulate entry of outside food, says SC

#New Delhi

The Supreme Court on Tuesday said the cinema halls have the right to set terms and conditions for the sale of food and beverages inside the halls and bar carrying of food items from outside.

A bench, headed by Chief Justice DY Chandrachud said a cinema hall owner has the right to regulate the entry of food and beverages into the movie hall.

The bench, also comprising Justice PS Narasimha, said whether to consume what is available is entirely upon the choice of the movie goer and pointed out that viewers visit the hall for entertainment.

The bench orally observed that cinemas are private properties, and the owner can decide on the rights of prohibition.

It added that if one wants to take 'jalebi' into the movie hall, the owner can object to it, because after eating the jalebi, the person might wipe his hands with the chair and ruin it unnecessarily.

It said the cinema hall owner is entitled to put such terms and conditions, which he deems fit if they are not contrary to public interest or safety.

The Jammu and Kashmir High Court had directed owners of multiplexes/cinema halls of the state not to prohibit cinema goers from carrying their own food articles and water inside the theatre. The cinema hall owners moved the apex court against the high court order.

Senior advocate KV Viswanathan contended that since cinema halls were private properties, they reserved admission rights and prohibitions ensured security and could be seen at airports amongst other places as well. **– IANS**

HEALTH TIP: One of the finest things you can do to prevent arthritis discomfort is exercise

Older women who eat more cruciferous green vegetables, such as broccoli, Brussels sprouts, and cabbage, have less severe blood vessel damage

Cold comforts

Some conditions that get worse in winter and how to not feel under the weather

From sore throats to chilblains, there are some conditions that get worse during chilly weather. Here are ways to prevent the bad weather taking its toll on your health

BRAIN: Reduced sunlight exposure can lead to reduced serotonin, the "happy hormone", triggering low mood or seasonal affective disorder in one out of three people.

Top tip: Try light therapy, using a light box. See your GP for advice about depression symptoms.

HAIR: Cold weather can make dandruff worse by drying out our scalp. And it's a myth that it's caused by bad hygiene.

Top tip: Ask your pharmacist about anti-dandruff shampoos which treat the fungus that triggers the issue.

EYES: Sensitivity to light, along with a headache, is one of the symptoms of migraines. Low pressure and storms can trigger them and studies suggest they're more common in winter.

Top tip: Regular bouts? See your GP, who can prescribe stronger painkillers and preventive medicine.

NOSE: A runny nose is one of the key symptoms of the common cold.

The viruses are more prevalent in the winter months as we tend to pass them on while spending time indoors.

Top tip: Along with the usual remedies, try a bowl of chicken soup - it has anti-inflammatory effects.

MOUTH: Cold sores, caused by the herpes simplex virus, start with a tingling or itching before a blister appears. They tend to break out in winter when skin dries out and your immune system is lower.

Top tip: Avoid kissing and oral sex while you have a cold sore. See your pharmacist about antiviral creams.

THROAT: As we mix more following the Covid pandemic, flu cases are on the rise again this winter. A sore throat along with aches, cough and a sudden high temperature are typical symptoms.

Top tip: Use paracetamol for the fever. Get plenty of rest and fluids. Vitamin D may help to lower your risk.

> **Acid reflux tends to be worse in winter thanks to a combination of rich food and spending more time in bed or slouching on the sofa**

SKIN: Conditions like eczema are often worse in the winter because of dehydration caused by dry, heated indoor air. Acne can be worse too, as can psoriasis - sunlight is linked to easing it.

Top tip: Try and stay well hydrated, drinking around six to eight glasses of water a day.

HANDS: Raynaud's is caused by poor blood circulation due to the cold. It sees fingers and other extremities change colour and causes pain and numbness.

Top tip: Wrap up and avoid smoking and caffeine. See a GP about meds.

CHEST: Acid reflux tends to be worse in winter thanks to a combination of rich food and spending more time in bed or slouching on the sofa.

Top tip: Eat smaller meals more frequently and ask your pharmacist about antacids.

LUNGS: Asthma causes breathing problems for many and many of the sufferers say the cold worsens their symptoms. Triggers include viruses, damp air and more mould spores.

Top tip: If you suffer from asthma get a flu jab - it might be free too.

HEART: Cold weather tends to increase blood pressure and stress on the heart, and there's a rise of more than 30 per cent in heart attacks in winter compared to summer.

Top tip: If you're at risk stay warm, heating main rooms to at least 18C. Call 999 if you think you are having a heart attack.

STOMACH: Cases of norovirus, known as the winter-vomiting bug, are already on the rise. It causes severe vomiting, diarrhoea and abdominal pain, though usually tends to ease after 48 hours.

Top tip: Wash your hands often to help avoid getting it or passing it on.

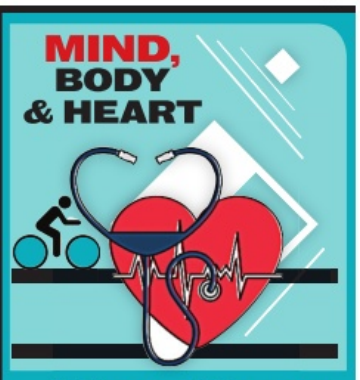
KNEES: One of the most common joints in which to get arthritis, a disease that causes pain and stiffness. Some 72 per cent of sufferers think winter makes it worse but experts don't know why.

Top tip: Try not to stop exercising. Think about swapping to swimming in a heated pool.

FEET: Chilblains are red, itchy patches that appear on your skin after you've been out in the cold and then warm up again too quickly as the blood rushes back into your toes.

Top tip: Dress properly for the chilly days, avoid extremes of cold followed by heat and buy creams to soothe irritated skin.

-Daily Mirror



All problems solved

Dear Coleen

A few weeks before Christmas I found a text on my wife's phone from another man and when I confronted her with it, she admitted she'd been seeing him for a couple of months. He's someone she works with and he has a wife and a baby.
We talked it out for hours and agreed we wanted to make our marriage work and she promised she'd end it with this guy.
However, I caught her last week talking to him on the phone. She broke down, saying she was sorry and begged me to give her another chance. We're going to try to save our marriage and have decided to have counselling, but I'm struggling with anger around them still working together. Also, his poor wife has no idea what her husband has been up to - doesn't she deserve to know?

COLEEN SAYS

First up, getting some kind of revenge on this guy by telling his wife will not make you feel better and won't change what's happened. My advice is to let them work through their issues on their own and focus on your own marriage. I don't think your wife working in the same office as her ex-lover is going to help you move forward with a clean slate. It'll be harder for you, trying to keep your suspicions and paranoia under control, even if there's nothing for you to worry about. It's not easy to find another job in this economy, but if your wife wants to make your marriage work, she should make the effort to look at the options available. She needs to work really hard to rebuild your trust and it takes time because there are no quick fixes. You have to make it clear that if she commits to working on your marriage, one more strike and she's out - you won't keep giving her "swore it then her him "another chance". I think relationship counselling is a really good idea.

—Coleen Nolan, Daily Mirror

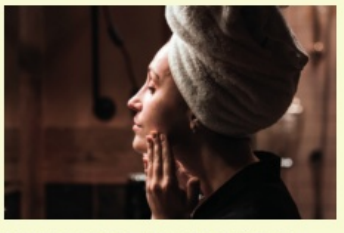
MIRRORLIGHTS

What is hungover skin?

When you have had alcohol the previous night, you do develop a hangover and so does your skin. Hungover skin looks dry, dehydrated, pale and sallow.

How alcohol consumption and lack of sleep affects our skin: Alcohol is a diuretic, so it dehydrates your skin making it dull and pale. Sugar in certain alcoholic drinks enables a process called glycation which leads to breakdown of collagen and elastin fibers. Sugar can also cause a spike in androgen hormones and sebum secretion resulting in pimples.

Alcohol also results in inflammation of the skin and aggravates conditions like rosacea, psoriasis



or even acne. As a pro-inflammatory, alcohol contributes to puffiness, redness and flushing. Alcohol also results in accumulation of free radicals in the skin which make the skin look dial and dehydrated. Lack of sleep results in stress which can increase the cortisol hormones which intern results in dark circles. It also causes breakdown of collagen fibers leading to fine lines and dilated pores. Melatonin, also known as the sleep hormone, is released while you are asleep and it helps in skin repair. Lack of sleep will also deprive the skin of its normal repair mechanism.

Remedies: First of all hydrate by drinking 3 to 4 litres of water. Supplements of vitamin C or citrus fruits, pure lemon shots and antioxidant supplements such as glutathione help to neutralise the free radicals that accumulated due to consumption of alcohol. Use hyaluronic acid serums to hydrate the skin. Use Ceramide based moisturisers to repair the barrier layer of the skin. Medicated creams such as oxymetazoline, tacrolimus or pimecrolimus are prescribed when there is excessive redness. Use a salicylic acid or azelaic acid-based serum if you have breakouts. Take probiotics to cleanse your gut.

Cosmetic procedures that may gain popularity in 2023: In terms of skin care people are going to be ingredient conscious and minimum makeup will be the trend. Hence the need to have clear, even toned skin with smaller pores and no fine lines , no blemishes is what people will look out for. Treatments in terms of micro needling radio frequency, platelet rich plasma, Laser toning, derma pen, oxygeneo facials will be sought after procedures to get the above minimum makeup or no make up look. **(Dr Jaishree Sharad, cosmetic dermatologist, IANS)**

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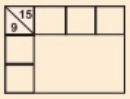
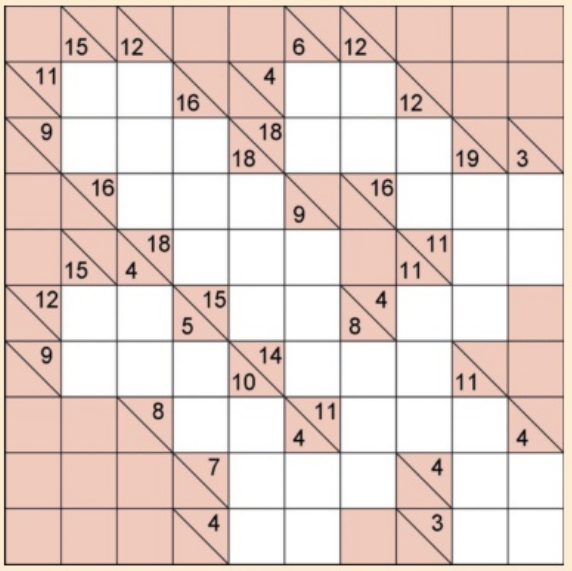
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

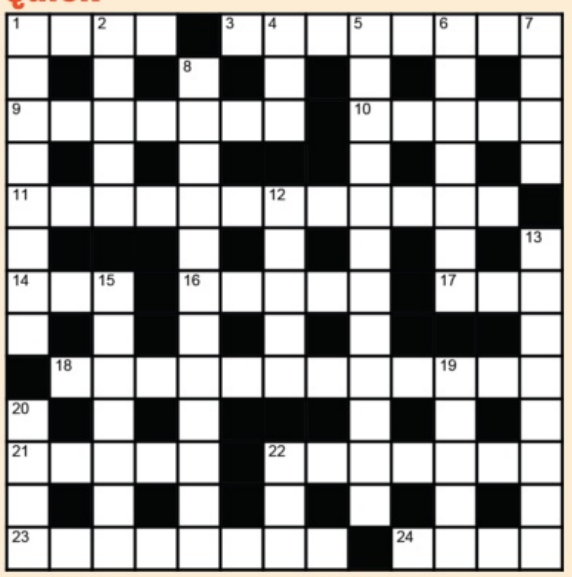


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Parts of a tea-set (4)
3 Sailors join ropes with this (4,4)
9 Varnish (7)
10 Very severe (5)
11 Famous temple on Kankapura road (12)
14 Young bear (3)
16 Gummy sap (5)
17 Open land (3)
18 Ill-usage (12)
21 Rustle, as silk (5)
22 Sobriquets (7)
23 Timetable (8)
24 Dressed (4)

DOWN

1 Chastity (8)
2 Hickory nut (5)
4 A facial feature (3)
5 Mary Shelley's famous novel (12)
6 Non-aligned (7)
7 Adolescent (4)
8 Extended forward (12)
12 Passageway (5)
13 Christened, entitled or consecrated (8)
15 First "B" in BBC? (7)
19 Artist's prop (5)
20 Inquires of (4)
22 Everyone or everything (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS Y

VHSB ELSAK QMH'WK ILKIP. IAA BLK YKRB FITYAKWR PM.

Linemaro

If you were a new hamburger at mcdonalds, you would be mcgorgeous

Mindchow

Laughter is a tranquilliser with no side effects

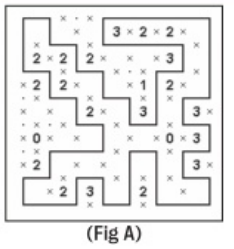
Joke of the day

There's this new alarm clock for actors. It doesn't ring – it applauds

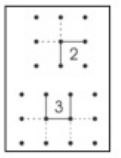
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

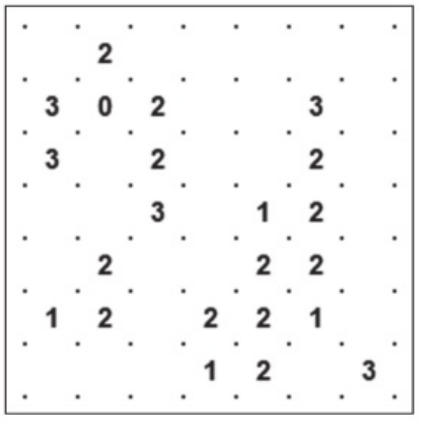


(Fig B) Not Allowed

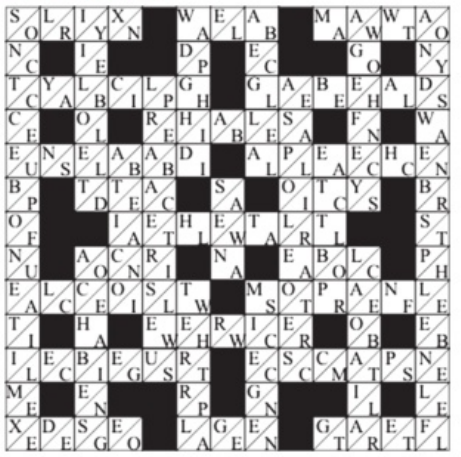
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



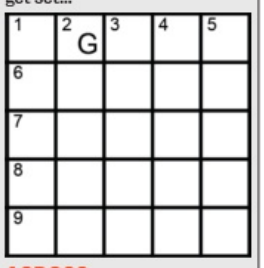
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

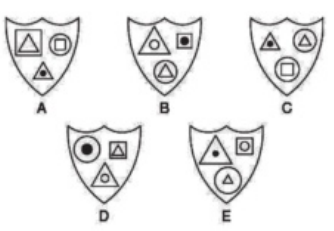
1 A Argo; 6 Luger;
7 At let; 8 Cop it;
9 Pshaw

DOWN

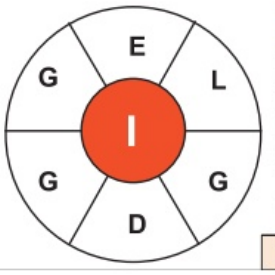
1 Law go; 2 Ph rag;
3 A tout; 4 Tripe;
5 Scale

Mensapuzzle

Which shield below has most in common with the shield on the right?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

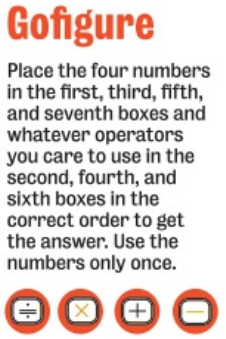
SudokuChallenge

	4						8	
8			3	4	7			1
		2	8		5	4		
	3		5		4		7	
		1				5		
	6		1		3		2	
		6	7		1	8		
1			6	9	2			4
	5						1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 18

2 5 7 8

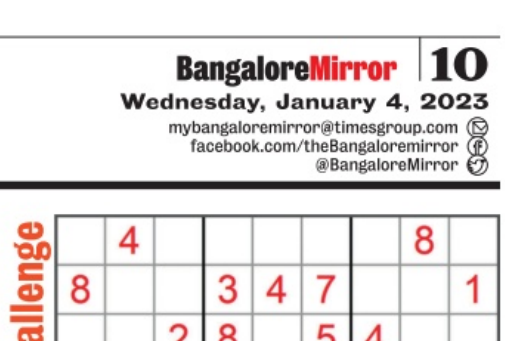
Medium = 6

2 4 4 8

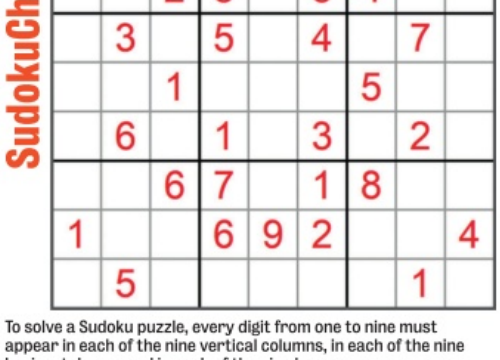
Hard = 25

3 6 7 4

Hocusfocus



Find at least six differences in details between panels.



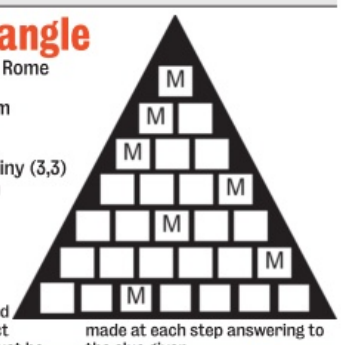
Differences: 1. Spoon is longer. 2. Handle on pot is lower. 3. Neck line is different. 4. Hair bun is smaller. 5. Window in door is lower. 6. Outlet is added.

Riddler

One of seven brothers, Children of the sun. In glory you will see me, When the day is done. The heart within the fire, The fire inside the heart. The roses are in bloom, Of their glory I am part Who or what am I?

Alpha triangle

1 10x100 in ancient Rome
2 Money Ord.
3 Broom closet item
4 Verse
5 Speed
6 Temporarily to Pliny (3,3)
7 Indian Ocean fish



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

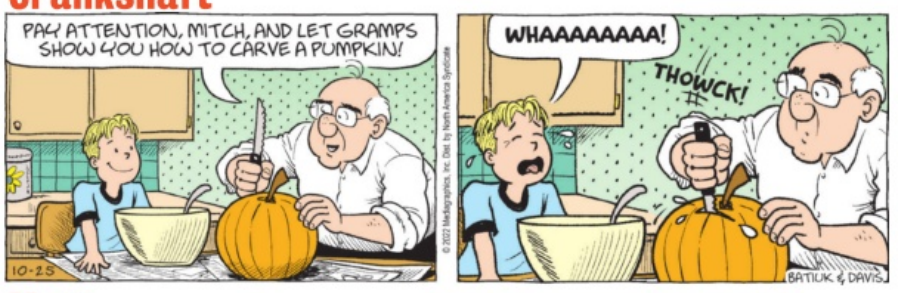
Bizarrotrip

Diamond Lil

Hart of the city

I HAVE A NEW SHOW FOR US TO BINGE-WATCH!
"ARNIE THE DINOSAUR: A TODDLER'S FIRST SERIALIZED DRAMA. SEASON ONE."
I'VE HEARD THE LORE IS QUITE COMPLEX!

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may implement some new plans into your family business. It will pay you in term of gains in the near future. You may also be busy with family or social get-togethers. You may spend some to buy some creative items or artefacts to renovate your house, which may increase your social status. Today you should be careful about teeth, ears, eye, nose, and skin.

Taurus Apr 21 – May 20
Today is a good day for you. You may have good vitality and health. You may enjoy your work. Today it is your challenge to avoid being blunt. It is advised to avoid arguments on worthless topics, otherwise there may be some disputes in the family. If you are able to control your tongue, you may expect healthy partnerships in business and harmony in family.

Gemini May 21 – Jun 21
Today your vital power may slow down and old diseases may reappear, which can make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of ligations. You may settle it out of the jury. You may also plan for overseas trips.

Cancer Jun 22 – July 23
Today you may get profits from your past investments. Losses may convert into profits. Implementation of new ideas may lead to progress in business. You may get success easily. You are likely to meet an influential person who can show you the right path to get success. Lovebirds may take some decisions in terms of marriage. Couples will hear good news in terms of kids. Jobseekers will get a suitable job.

Leo Jul 24 – Aug 23
Today your family and spouse will support you. It will increase domestic harmony. Due to overload at work, you may not give proper time to your family. Your loved ones will be there for you. You are expected to see a strong position in your professional front. Projects related to government agencies are likely to initiate now.

Virgo Aug 24 – Sep 23
Today you are blessed by elders, which may help you come out of confusion. You may use your wisdom to save your hard-earned money. You may spend money on worthwhile things. Students may hear some good news in terms of academics. You are likely to develop a healthy relationship with your spouse. There is some progress in terms of family harmony.

Libra Sep 24 – Oct 22
Today, until late evening, you may not feel good. You may have anxiety and restlessness. It could make you arrogant and affect your domestic life. Your speed may slow down, which may affect your professional life, but you will come out from this messy situation with the help of elders. In the late evening, things will be under control.

Scorpio Oct 23 – Nov 22
Today your performance at work may be praised by your boss. You are likely to see some promotions. Your opponents are under control now. Singles may fall in love at their workplace. Students are likely to find good friends. Those related to artefacts, fashion, glamour, and interior may perform well.

Sagittarius Nov 23 – Dec 22
Today you could meet some influential person who may help you in terms of business expansion. Your internal power may help you take difficult decisions in your professional life. You may start some new ventures with your friends or siblings. It is advised to read documents carefully before signing any contract.

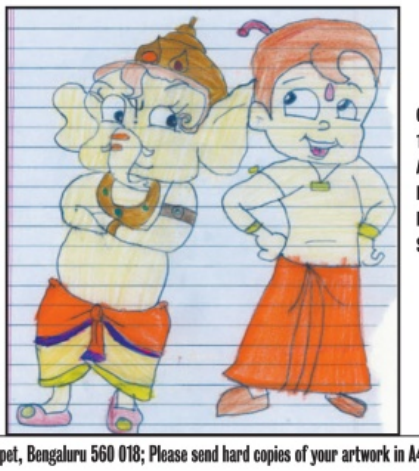
Capricorn Dec 23 – Jan 20
Today You are likely to be busy with your kids' education and career. You may hear some good news in terms of their academics. Lovebirds are advised to keep patience in terms of their relationships. Investors are advised to avoid investing in risky assets as they might convert to dead stock.

Aquarius Jan 21 – Feb 19
Today you may plan to migrate from your place to another place, but it is advised to think twice before taking decisions regarding migration. There will be peace in your mind. It is advised to avoid speculation in terms of investments. Lovebirds should keep patience before taking an important decision in terms of marriage.

Pisces Feb 20 – Mar 20
Today you may have good patience. Meditation may help you increase concentration, which will speed up your projects. Your colleagues may cooperate with you, which may help you complete a project before time. There may be some short travels related to work. An influential person may help you to boost your network.

KIDZONE

S Sathur Poja, 12 Years, Mohila Seva Samaja



C Rohan, 11 Years, Appolo National Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=[(6*6):6*(3!)]/[(6-2)-(1/2)]
=[(36):6*(6)]/[6-[2*(1/2)]]
=(36:6*6)/[6-[(1*2)/2]]
=(6*6)/[6-[(1*2)/2]]
=(36)/[6-[(2)/2]]
=(36)/[6-(2/2)]
=(36)/[6-(1)]
=(36)/(6-1)
=(36)/(6)
=36/6 = 6

BULL'S EYE
dell, gelid, giggle, GIGGLED, gild, glide, idle, lied

FAST FIVE

A	G	O	R	A
G	R	U	E	L
L	A	T	T	E
O	P	T	I	C
W	H	A	P	S

STRIKE OUT

E	D	G	E		A	G	E		T	A	E	L		
N	E		P	E		G		N						
C	A	L	I	P	H		L	A	B	E	L	S		
I	C	I	E	S	T		E	S	C	A	P	E		
M	N		R	G		L		L						
T	H		E	E	R	I	E		B					
A	C	C	O	S	T		S	T	R	A	F	E		
N		A	N	I		N		A	O	C		H		
O		A	T	H	W	A	R	T				T		
P		D	E	C		A		I	C	Y		R		
U	S	E	B	A	D		A	P	A	C	H	E		
E	L		R	I	A	L	S		N		W			
O	R	Y	X		A	L	B		M	A	T	A		

QUICK

S	C	H	E	D	O	U	L	E		C	L	A	D	
S	W	I	S	H		A	L	I	A	S	E	S		
K		S		E		L		N		E		E		
A				C				E		A		I		
M	I	S	T	R	E	A	T	M	E	N	T			
Y		R		E		L		S		P				
C	U	B		R	E	S	I	N		L	E	A		
A		T		I		E		A		B		R		
B	A	N	A	S	H	A	N	K	A	R	I			
I		A		T		N		T		N				
L	A	C	O	U	E	R		A	C	U	T	E		
E		E		O		A		R		E		E		
C	U	P	S		R	E	E	F	K	N	O	T		

RIDDLER
Red

QUOTE UNCODE
Quit while you're ahead. All the best gamblers do.

MENSA PUZZLE
E: it contains a triangle in a circle, a circle in a square and a black dot in a triangle

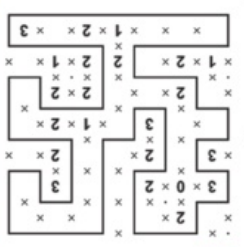
ALPHA TRIANGLE
M, MO, Mop, Poem, Tempo, Pro Tem, Pomfret.

GO FIGURE
Easy
8 + 7 – 2 + 5 = 18
Medium
4 x 4 – 8 – 2 = 6
Hard
4 x 3 + 7 + 6 = 25

SUDOKU

6	4	7	2	1	9	3	8	5
8	9	5	3	4	7	2	6	1
3	1	2	8	6	5	4	9	7
9	3	8	5	2	4	1	7	6
2	7	1	9	8	6	5	4	3
5	6	4	1	7	3	9	2	8
4	2	6	7	5	1	8	3	9
1	8	3	6	9	2	7	5	4
7	5	9	4	3	8	6	1	2

LOOP



KAKURO

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Praise for Alia

After 'Loki' star Sophia Di Martino, Robin Baker from the British Film Institute National Archive has heaped praise on actress Alia Bhatt over her performance in 'Gangubai Kathiawadi'

Here's what we know of new relationship

New couple in town

A video doing the rounds has sparked rumours about a brand-new, budding relationship in B-Town. A viral clip shot at a private New Year bash in Goa had glimpses of Tamannaah Bhatia and Gully Boy actor Vijay Varma spending time together and apparently kissing each other. While this has left many wondering if the two are dating, close sources say, 'Yes, indeed!'

The two reportedly met on the sets of the web anthology Lust Stories 2. While Tamannaah has been busy shuttling between south industries and Bollywood, Vijay has impressed the audience with his performance in his web film Darlings, which featured him opposite Alia Bhatt.

While both Tamannaah and Vijay refrained from commenting on their relationship and the recent video, from what it seems, the relationship is confirmed. "They seem to be serious about each other, and they might even take the next step soon," says our source.

–Onkar Kulkarni, ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Aiming high

Director Shivaraj Sakre has been busy selecting the cast and crew of his second Kannada movie Shadakshari Son of Panchakshari. Shivaraj Sakre made debut as a director in Sandalwood with Kannada Udumba that was released in August 2019.

"Udumba received good reviews from critics. It was recognised in the Kannada film industry. Telugu director Jagannath appreciated me," said Shivaraj Sakre.

The title of his second movie Shadakshari Son of Panchakshari was launched by actor-cum-director Darling Krishna recently.

"My second movie is a thriller and has all commercial elements. Pre-production work is in progress and the movie will go on floors from January 28. Its shooting will be held in Bengaluru, Mysuru, Mangaluru and Udupi," he said.

Kishore of i1 fame has been selected to play the lead. The movie will have two female leads. "The selection of heroines is in progress. We are yet to zero in on two heroines for this movie," he said.

Horror comedy

Good news for fans of Sharan, who is known for comedy movies. For the first time, Sharan will act in a horror comedy, Choo Mantar. For Tarun Shivappa, one of the producers of Choo Mantar, this is the fifth movie bankrolled by him under the Tarun Studios banner. "Actually, director Navneeth and I wanted to make a movie with Upendra but it got postponed. Meanwhile, director Navaneeth came up with a horror genre script. He narrated the script to Sharan and the latter agreed to play the lead," said Tarun.

The movie has Sharan, Aditi Prabhudeva, Prabhu Mundkur, Meghana Gaonkar, Chikkanna, Dharma and Rajani Bharadwaj. Its shooting was held in Bengaluru, Mysuru and Uttarakhand. Director Navaneeth said he is very happy to work with Sharan. "The title of this movie is fancy. There will be three stories in this movie but Sharan (hero) will be the source for these stories," said Navaneeth.

Sharan said that he has a passion for horror flicks since his childhood. "I am happy to act in this movie under Navaneeth's direction. My friend Tarun Sudhir gave good feedback on the script," said Sharan.

In same city, but not together

Over the weekend, ex-lovers Kartik Aaryan and Sara Ali Khan posted a series of pictures from the New Year celebration in London. Since both the actors tagged the same restaurant in UK, fans were quick to speculate that the former partners were back together.

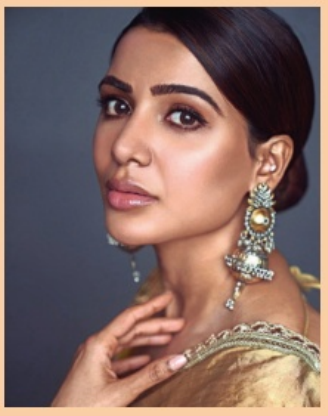
Romance blossomed on the sets of 'Love Aaj Kal' between Sara Ali Khan and Kartik Aaryan, but their affair was short-lived. Coming to their new year celebration, the couple welcomed 2023 in the same vicinity but were not together and have not rekindled their romance, revealed Indiatoday. Sara and Kartik never spoke about their romance, but Karan Johar had confirmed the affair during Sara's appearance on his show. **ETimes**

Fit & fine and back to work

2022 was not an easy year for Samantha Ruth Prabhu. The worst is happily behind her now and Samantha is ready to get back to work, full force.

I spoke to one of her close friends in Hyderabad who had this to say. "She is almost fully recovered now and is ready to get back to work like never before."

Ready for her second innings? "If you want to call it that, yes. But Sam was never gone anywhere. The media made it seem as if she was suffering. But Sam is not one to give up easily. She has fought the societal stigma of a broken marriage, she has fought her illness and now she's back to complete her assignments," says the friend.



First off, is the rom-com Kushi co-starring Vijay Deverakonda which is 80 percent complete, then Samantha will immerse herself in Raj-DK's Citadel for Amazon Prime Video where she has a pivotal role of a fighter that will see her do some serious action.

–Subhash K Jha, ETimes

The name is Bond?

The Emily in Paris star could replace Daniel Craig as 007 in the film series. Lucien Laviscount, who portrays Alfie in the Netflix series Emily in Paris, has been shortlisted to play James Bond as he is deemed to be the ideal age to play the British secret agent. The British actor is 30 years old.

Currently, after joining the series in season two, the actor plays Alfie in the Netflix series headlined by British-American actress, Lily Collins.

In the 2021 movie No Time To Die, Daniel Craig gave the famous role its final performance. Beginning in 2006 with Casino Royale, he appeared in five movies in the series.

According to a report in the Daily Mail, the only sore point is that Lucien Laviscount has made an appearance on the reality show Celebrity Big Brother in 2011, when he came in fifth place. An insider revealed to the British website, "Lucien ticks all of the boxes. He is a super talented actor, is extremely handsome and in the past 18 months has won lots of new fans since he joined Emily In Paris. Bond bosses are already saying how you can see him in the 007 tuxedo, how dapper and fitting to the role he will look."

But the insider also added, "There is a sticking point, and that is Big Brother. Lucien appeared on the show at a time when his acting career was not as high-profile as it is now." **–ETimes**